

What are you interested in? The questions in the chart below will help you understand what you like to do, what you're good at and what's important to you.

Identify	Ask	Dig Deep for Answers	Your Ideas
Abilities	What am I good at?	<p>Extracurricular activities</p> <ul style="list-style-type: none"> ▶ Can you work as part of a team? ▶ Have you been a leader in activities? <p>Course strengths</p> <ul style="list-style-type: none"> ▶ Are you a good public speaker? ▶ Do you like to do research? ▶ Is writing or art something you enjoy? <p>Job duties</p> <ul style="list-style-type: none"> ▶ What types of skills do you use at work? ▶ Do you interact well with customers? 	
Interests	What do I like to do?	<ul style="list-style-type: none"> ▶ What are your favorite subjects? ▶ What hobbies or other activities do you enjoy? ▶ Do you prefer to work alone or in a group? ▶ Do you like working with computers? ▶ Do you enjoy contact with people? 	
Values	What's important to me?	<ul style="list-style-type: none"> ▶ Do you want to make a lot of money? ▶ Is helping others or making a difference important? ▶ Do you enjoy taking risks or do you prefer stability? ▶ What kind of lifestyle do you want as an adult? 	